



European Music Therapy Confederation ▷ www.emtc-eu.com

EMTC General Assembly
9th May 2020, 9.30 – 17:30 CET
Via zoom

Attending: *Austria:* Elisabeth Kaczinsky; *Belgium:* Nele Fiers; *Bulgaria:* Teodossi Tzinguilev; *Cyprus:* Iosif Kartapanis; *Czech Republic:* Marketa Gerlichova; *Denmark:* Karina Erland Jensen; *Estonia:* Malle Luik; *Finland:* Anne Takamaki; *France:* Rachel Labriet; *Germany:* Stefan Mainka; *Greece:* Eva Papanikolaou; *Hungary:* Boglárka Kertész-Farkas; *Iceland:* Valgerdur Jónsdóttir; *Ireland:* Eamon Nash; *Israel:* Tali Gottfried; *Italy:* Elide Scarlata; *Latvia:* Katie-Jan Roth; *Lithuania:* Zita Abramaviciute Muciniene; *Luxembourg:* Cathy Schmartz; *Norway:* Ingeborg Nebelung; *Poland:* Agnieszka Szymajda *Portugal:* Rita Maia; *Serbia:* Ranka Radulovic; *Slovenia:* Claudia Bajs; *Spain:* Melissa Mercadal-Brotons; *Sweden:* Maiyanne Nielsen; *Switzerland:* Beate Rölke; *The Netherlands:* Albert Berman, Laurien Hakvoort (successor); *Turkey:* Özgür Salur; *UK:* Tessa Watson

Core Board: Esa Ala-Ruona, President; Alice Pehk, Vice-President/Treasurer; Melanie Voigt, Vice-President/Secretary General

Apologies: *Croatia:* Ksenija Buric

09:30 – 10.30

Welcome and description of procedures in new setting

Esa Ala-Ruona (Core Board, President) opened the meeting and welcomed all those present (see above). Some time was taken to run through the guidelines for the meeting which were for the first time to be held via zoom. Esa Ala-Ruona noted that dialogue and discussion may be more difficult via this online forum.

Tessa Watson (UK) was nominated to take the minutes for this meeting.

Apologies; Ksenija Buric (Croatia), was unable to join the meeting due to an earthquake in her city.

The following new CRs were welcomed to the meeting:

Catherine Clancy – Spain

Anne Takamaki – Finland (representing Finland for Kaija Oivamaki-Tahtinen for this meeting)

Boglárka Kertész-Farkas – Hungary

Rachel Labriet – France

Nele Fiers - Belgium

Eamon Nash - Ireland

Laurien Hakvoort (will replace Albert as representative for The Netherlands after this GA)

Obbligatory topics

1 President's report

Activities 2019-2020 – summary, presented by Esa Ala Ruona, President

- The core board have met 12 times, and the board group membership has changed, with Elisabeth Kaczynski (Austria) joining as the co-ordinator for the Middle European group following the resignation of Agnes Varga (previous CR for Hungary). Esa shared some images of zoom meetings. The core board have continued to learn from previous GA experiences and to continue to support co-ordinators of each Region and CRs to involve them more.
- The core board are also working with colleagues in other Arts Therapies professions, for example with **ECArTE (European Consortium for Arts Therapies Education)** in the SATTIE-project (State of the Arts Therapies Training in Europe) with other Arts Therapies European level associations.
- Advisory work and consultation continues to national associations, training programmes, to students and to colleagues.
- European Music Therapy Standards Commission (EMTS) has met 3 times and work has been ongoing on an analysis of the training survey, in order to establish recommendations for standards of training. This project is drawing together a picture of current core standards and competencies of music therapy training across Europe through an analysis of different areas of training. This is a large project and continues to be ongoing, with involvement from all members of this commission
- The statutes and bylaws have also been a topic this year. There has been considerable work on this project, with translation required. This will be considered further later in this meeting.
- The website is noted to be very important and work on this will continue, as it is the main external facing conduit for members and the public.

Proposal of main topics 2020-2021

- To continue the work on EMTS education survey and beginning to consider how to publish the recommendations for training. Starting to work towards compiling recommendations for standards for safe and effective clinical practice.
- To complete the process of revising the statutes and by-laws of the EMTC.
- To collect information on music therapy from across current guidelines in different countries and to share this on the website.
- To improve internal communication within the EMTC, external through the regional co-ordinators, political influencing on a political/PR level.
- To support the work of action teams
- To prepare the 2021 GA

2 Treasurer's report

Report 2019 presented by Alice Pehk, Vice-President/Treasurer

Profit, income and expenses

Preliminary budget 2020

| IN | OUT |
|------------------------|-----------------------------------|
| Membership fees 6464 € | CB meeting Vienna costs 1493,79 € |
| | MT day 500 € |
| | Consultations, notary 4500 € |
| | Accountancy 500 € |
| | Website 221,19 € |
| | Translation of the Statutes 585 € |
| | Taxes and banking costs 350 € |
| | Other costs 200 € |
| Total: 6464 € | Total: 8349,98 € |



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Albert Berman (Netherlands) asked why the cost was so high to work on and change the statutes. The core board noted that not only are costs of changing statutes high in Belgium but that the accountants have a much higher fee. The core board noted that they are aware of this, and are trying to find other possibilities. However, they are not able to change either the accountants or the country of registration at this time.

3 Acceptance of President's report and Treasurer's report

Both the President's report and Treasurer's reports were accepted by a clear majority via a vote on zoom at 9.40 am. However, some CRs requested that the core board look into moving the registration and accountants to either providers with lower fees, or to another country in order to ascertain a lower fee. There were some questions about clarifying the budget figures, including a question from Albert Berman (Netherlands) about whether enough has been allocated for PR activities for 2020-2021.

Change in by laws

Melanie Voigt, Vice-President/Secretary General, outlined the draft by laws that have been submitted for approval. In particular, the core board noted the difficulties that can be presented when a CR resigns without discussion and without a substitute being available (this had been prompted partly by the confusion relating to the circumstances around the Hungary CR in 2020).



In particular, please note 1.3.7. This outlines that the CR is committed to working in EMTC for 3 years, and the process for their successor should they wish or need to resign. Please also see 2.8 which details the process for voting in another CR/core board member.

2.8 was amended to say 'b) in case of a vacancy due to suspension, revocation or resignation, the board appoints a substitute until a new board member is elected at the next General Assembly or regional meeting'. This amendment was carried by a clear majority vote via zoom at 10.12am (28 yes, 0 against, 3 abstained).

10:45 – 11:15

Reports from regional meetings

Please see regional reports sent prior to the EMTC GA.

11:15 – 12:15

Reports from action teams – see documents sent ahead of the GA

Research action team

Tali Gottfried (Israel) presented the preliminary summary of PhD projects in Europe. Tali noted that Melissa Mercadal-Brotons has now left the group, and Tali has taken over as Chair of this group. The group is now working on a google document with the aim to have a database to collate information across Europe relating to research. Tali outlined the work of the group and their next steps and tasks for CRs relating to this action team.

Tali queried the process for voting for a new chair for one of these action groups. There is no formal process, however Melanie Voigt (Vice President) noted that it is essential that the core board are notified of any change in personnel for these groups, and particularly for the chair, in order to ensure good channels of communication.

In the discussion, it was asked if and how it could be ascertained that the PhD researcher is a Music Therapist. This was a concern for many CRs. Stefan Mainka (Germany) noted that the group had not yet decided how to pursue with doctoral research that was related to music therapy but not conducted by a Music Therapist. Others felt that a researcher who is not a clinician could still conduct a high-quality project into music therapy. The group is aware of this issue and will continue to give it consideration.

CPD action team

Rita Maia (Portugal) reported from this action team. Goals were to define recommendations about CPD and submit a proposal to encourage each national association to implement a specific commission for CPD and develop an entity responsible for certification. They have collected data from 6 additional countries. The data has been analysed and a guideline for CPD has been defined. It is suggested that EMTS should include CPD. This group suggests a system that includes hours, credits or points and a time scale for certification. This group plan to present their work at meetings/conferences in their countries and at Edinburgh (2022).

In the discussion, members were grateful for the work done. Tessa Watson (UK) noted that the EMTC cannot require members/MTs to take part in a CPD scheme, and therefore it is important to be careful with language, e.g. to recommend a scheme. Tessa noted that some countries (including the UK) have a comprehensive scheme in place. Tessa shared the UK link and recommended *not* counting hours, as this

can be reductive, instead finding a way to show the impact upon the practice of the individual Music Therapist.

Music Therapy and other Arts Therapies action team

Katie Roth (Latvia) reported from this action team. The team had a transition over the last year, due to changes for the personnel involved. The team met about a week ago, and decided that the topic is closed but that the group would like to stay together as a group, considering the different topic of supervision. In particular, creative methods in supervision, and intervention.

In discussion, Laurien Hakvoort (Netherlands) asked for more information from the team. Katie Roth will send information to Laurien.

Recognition action team

Iosif Kartapanis (Cyprus) reported from this action team. The group considers that the current data available to them (from 2017) is too old to use. They will send a new survey to collect more data, and will aim to produce an interactive map with statistics from different countries to provide information on the EMTC webpage.

In discussion, Cathy Schmartz (Luxembourg) noted the importance of sharing the information from this team across EMTC and CR and regions. Özgür Salur (Turkey) noted that music therapy has been recognised in Turkey for approximately 6 years, but that what is practiced is not always music therapy.

PR action team

Albert Berman (The Netherlands) reported for this action team. This team made a plan in Aalborg May 2019 and have worked together since this time. The first step in the plan was to update the webpage however the group are waiting for a revision of the website. The European music therapy day theme and poster were agreed, the theme is 'make a melody', and the date is November 15th 2020. Albert invited CRs to get involved in this day and event. Posters are made and ready and Albert wishes to send these to the different countries (please let Albert know if you want to receive these).

Here is the youtube link for the song: <https://youtu.be/IUA312Qe7Ck>

In the discussion, it was noted how much the project has grown and is judged to be important. Stefan Mainka (Germany), Tali Gottfried (Israel), Elida Scarlata (Italy) all stated that it is important to continue with the project as the momentum is growing. She also stated that EMTC should take charge of the expenses related to the organization of MT Day, because of the risk of losing all the good work created by Albert and the Netherlands Association.

There was a general vote of thanks and applause to Albert for leading this project over the years. Cathy Schmartz (Luxembourg) suggested a link with the recognition project.

New members – action teams

Alice Pehk (Core Board) asked new members to choose their action teams. At this point, there was a discussion about whether these action teams could include some members who are more 'silent' or 'passive' (given the Covid 19 situation and individual situations for CRs in their lives personally/professionally). It was agreed that this could be the case, but that continuity within the action teams is important in order to ensure being able to work on topics steadily.



Research action team

Laurien Hakvoort (The Netherlands), Elide Scarlata (Italy), Tali Gottfried (Israel), Stefan Mainka (Germany), Agnieszka Szymajda (Poland), Maiyanne Nielsen (Sweden), Claudia Bajs (Slovenia), Catherine Clancy (Spain)

CPD action team

Rita Maia (Portugal), Elisabeth Kaczynski (Austria), Rachel Labriet (France), Marketa Gerlichova (Czech Republic), Zita Abramaviciute Muciniene (Lithuania), Stefan Mainka (Germany), Eamon Nash (Ireland)

Supervision

Marketa Gerlichova (Czech Republic), Beate Roelcke (Switzerland), Claudia Bajs (Slovenia), Teodossi Tzinguilev (Bulgaria), Katie Roth (Latvia), Malle Luik (Estonia), Özgür Salur (Turkey)

Recognition

Kaija Oivamaki-Tahtinen (Finland), Cathy Schmartz (Luxembourg), Iosif Karpatanis (Cyprus), Karina Erland Jensen (Dänemark), Rachel Labriet (France), Boglárka Kertész-Farkas (Hungary), Nele Fiers (Belgium), Eva Papanikolaou (Greece)

PR

Cathy Schmartz (Luxembourg), Tali Gottfried (Israel) Agnieszka Szymajda (Poland), Ingeborg Nebelung (Norway), Katie Roth (Latvia), Elide Scarlata (Italy), Ranka Radulovic (Serbia)

13:15 – 13:45

EMTS, status of data analysis so far, next steps

Esa Ala-Ruona (President) reported on this commission. Esa reported that the aim for the group was to build on the work of the EMTR (European Music Therapy Register), which had been put on hold in 2017. The aim for this survey is to understand what the aims, standards and competencies are for training programmes across Europe, in order that the EMTC can recommend standards and competencies for safe and effective music therapy. Esa was clear that it is not within the role and remit of EMTC to set standards or maintain standards or to set out how trainers should deliver their training. However, it is considered that it will be helpful for music therapy trainers and practitioners across Europe in countries where music therapy is emerging, developed and well established, to be able to access and refer to *recommendations* for safe and effective practice which are based upon evidence from current learning, teaching and assessment practice across Europe.

The survey that was conducted gathered a lot of information from training courses (in HEI's and private institutions). One-hundred-sixteen surveys were sent out and 76 responses regarding content and structure of courses were received (66% return). Two countries answered that they had no training courses in their countries (Appendix 1). The stages of the project have been to review the data collected, and then to analyse the data. Some of the basic statistical analysis for this project was undertaken by a Masters student who was paid for her work. Additionally, each member of the EMTS committee has taken an area of study to analyse. Three categories were used in the data analysis, knowledge, skill and competence. There is wide variation across the data not only in the content of training but also the way in which it is described (this is to be expected). Therefore, thought has been required to consider how to present an easily understandable synthesis of the data. The EMTS committee met on 8/5/20 and will now continue with their work.

A few of the committee added their thoughts. Melanie Voigt (Vice President) noted how interesting the data have been, and with a high return (66%). Albert Berman (The Netherlands) noted that it is important to speed up with this project. Tessa Watson (UK) suggested that the data shows a snapshot of training and practice at one time, and it will be important to consider a mechanism to allow developments and adjustments to be submitted and reflected in the EMTC recommendations.

In discussion, Özgür Salur (Turkey) noted that this is an important project and after the recommendations are created, recommendations for competencies for qualified Music Therapists could also be developed. Cathy Schmartz (Luxembourg) and Elide Scarlata (Italy) noted the importance of EMTC advocating for music therapy across Europe. Melanie Voigt (Vice President) stated that in order to be recognised, we must work together and have a shared idea of how music therapy can be described. There were varied and strong opinions held about this topic.

13:45 – 14:15

Major topics of the GA

Membership fees

Alice Pehk (Core Board Treasurer) presented this issue. She noted that the current income of EMTC does not cover the expenses required. The question of raising membership fees was raised in 2019 during the GA in Aalborg. The CR's were asked to discuss this question with their national associations. The Board has discussed this topic. The Core Board now propose that the membership fee be raised from 1 euro per member to 1.5 euros per member. As part of this proposal, 30% of the membership fees can be used to support the organisation of the GA each year.

In the discussion, Regional Co-ordinators represented 2 views; firstly, that it could be hard for their associations to find the money to support this proposal, and secondly that it is important to support the work of the EMTC and to pay the increased fees. Albert Berman and Laurien Hakvoort (The Netherlands) noted the need to see projected accounts. Ranka Radulovic (Serbia), Özgür Salur (Turkey) and Malle Luik (Estonia) advocated for a clear plan to show how the money would enable greater effectiveness and inclusiveness. Tali Gottfried (Israel) noted that **ECArTE** and similar Arts Therapies organisations have higher fees.

Cathy Schmartz (Luxembourg) suggested that countries pay a fee that was representative of the membership fees of Music Therapists for the associations in their country (e.g. x% of the membership fee that music therapists of that country pay their associations instead of a fixed amount for each person that is the same for all countries).

Stefan Mainka (Germany), Katie Roth (Latvia) and others noted the importance of trying to gain funds from other sources (the EU, etc). Stefan noted the importance of giving some money to the PR budget. Tessa Watson (UK) said that the professional association for the UK has asked EMTC to consider the timing of this raise given the long term projected impact of Covid 19 how professional associations may feel they should use their money to support members. Katie Roth (Latvia) suggested that there could be online content on the EMTC webpage that could be sold to raise funds.

Voting to raise the EMTC fees was undertaken via zoom at 13:10: 23 votes for yes, 0 votes for no, and 7 abstained. This vote was carried.

Suggestions for support for Music Therapists during Covid 19

Elide Scarlata (Italy) presented ideas and resources from around Europe relating to music therapy supporting those impacted by Covid 19. The situation from Greece (summarised by Evi Papanikolaou) represents the position of many countries at the present time; great health and financial pressures for service users but also for Music Therapists, and deep concern about the economic state of the country. Tali



Gottfried (Israel) noted the importance of considering ethics and safe and effective practice in any adapted online work and wanted to encourage EMTC core board to be more active in their provision of information to the European MT community. Elide Scarlata (Italy) noted the possibility of burnout for medical teams and presented a music intervention by Italian professional Music Therapists to support them. There was a lively discussion around this topic.

Action: The PR-Team has made a draft of a flyer for music therapy under Corona conditions. This will be optimized and sent to the Board.

Renewal of the website

Ingeborg Nebelung (Norway) presented this topic. Ingeborg noted the importance of the website, which has been a live topic for many years. Ingeborg stated that we to continue to work on the website and on the use of other social media platforms to make sure that information is more readily available and promoted to MTs and the public.

There was discussion about this. Iosif Karpatanis (Cyprus) and Katie Roth (Latvia) contributed their views and knowledge on webpages. The current platform being used for the webpage is Squarespace. Iosif Karpatanis suggested wix.com, and Katie Roth suggested Wordpress. Cathy Schmartz (Luxembourg) and Tessa Watson (UK) suggested that it is important to be clear about is useful to include on the website; e.g. what would success look like for this project? Valgerdur Jonsdottir (Iceland) and others suggested that some content should be interactive. Anne Takamaki (representing Finland) suggested engaging with PR experts and taking advice about how to form the message in order to reach the key stakeholders for our group. This can create costs. Cathy Schmartz (Luxembourg) reported that the treasurer of her association was willing to donate the money that the association had saved, but that had been planned to pay her expenses, to the EMTC. Perhaps donations could help out here.

Iosif Karpatanis (Cyprus) also noted that the Facebook group is not reaching a large number of people, and that this could be developed. There were ideas about how to develop the Facebook content and reach (e.g. CRs could be admins). Elide Scarlata (Italy) suggested that EMTC needs to develop a profile on Twitter. Ranka Radulovic (Serbia) stated that it is important to improve the perception and understanding of the EMTC for the public in general using social media. Katie Roth (Latvia) suggested that other people might assist Ingeborg Nebelung in developing this further.

Other ideas taken from the Zoom chat; Anne Takamaki (representing Finland) noted that other platforms are Snapchat, Instagram. The website could be used for blog posts, discussion forums, brief Zoom chats between 2 people. A YouTube channel might be an idea. There is the need to make the website look more attractive.

In this discussion, there were also some ideas about the website, in particular for information to be translated into the language of the appropriate countries. Also for each action group to have updates shared on the EMTC webpage, for live discussions on music therapy to be included.

Several Country Representatives were happy to help with translation.

Action: Ingeborg Nebelung will contact Katie Roth (Latvia), Iosif Karpatanis (Cyprus), and action team Chairs for assistance. However, there is also a need to consider how this will be successful; to have an idea about the aim for the website and associated social media prior to beginning any extra work.

Reports and reflection in small group discussion

The small groups presented the CRs with the following point for discussion

Discuss how those present, as ambassadors of the profession and the EMTC, can contribute to a broader knowledge and/or visibility of Music Therapy in Europe.

Stefan Mainka (Germany) reported for group 1

- Use the EMTS project to make a clearer position of EMTC visible.
- To make contact with political authorities within the EU in order to proceed with recognition of the EMTC and of music therapy.
- Strengthening communication between action teams and regional groups in order to ensure that communication flows between these.
- Newspaper articles and other literature – use these to improve knowledge about music therapy

Katie Roth (Latvia) reported for group 2

- Have a positive mind-set – to be proud of their work, not whining about being not understood, and share that music therapy has great value. Communicate and behave in institutions and teams in a positive way, promote our work through the use of outcome measures, present work to colleagues.
- Use small events from practice to share music therapy.
- Keep going with our communications about music therapy. These need to be consistent and activities must be continued.

Tali Gottfried (Israel) reported for group 3

- Each CR has a responsibility to be part of communicating about music therapy.
- To use short videos, creating playlists, how to share music with others.
- Develop short interviews between CRs, or between Music Therapists in different countries.
- Put music therapy students in touch with each other and give them opportunities to hear about their different experiences.

Cathy Schmartz (Luxembourg) reported for group 4

- Music Therapists should not be too shy to speak up for our profession.
- Let people share and experience what we do.
- Draw information about music therapy from different countries and share on webpage and social media
- Learn from colleagues and participate in colleagues' sessions (e.g. Art Therapy).

Laurien Hakvoort reported for group 5

- We are all ambassadors already!
- Sharing short videos, to show similarities and differences between countries.
- Create high quality short descriptions of music therapy (also for students).
- Make clear how the music therapy profession could support bridging some national conflicts.



Tessa Watson reported for group 6

- Continue to develop the webpage as Ingeborg and others have said, and other methods of social media.
- Sign up on the website for monthly updates, including a calendar with events.
- EMTC core board could produce a monthly newsletter, presenting 1 European country or a theme a month? (planned for the year ahead, presenting EMTS project, or a project across countries (e.g. Homeside Dementia). This could be shared with all professional associations and increase knowledge of the work of EMTC, and could then be shared by the professional associations more widely.
- CRs could share more information/knowledge with EMTC – but how would they do this? We need more active sharing but because people use different platforms for social media, it would be useful to have a clear communication protocol.

GA 2021 deadline for bids

Melanie Voigt (Vice President) advised that bids should be in for the end of August 31st 2020 for bids for the GA.

In the discussion, it was suggested that this deadline may not be possible due to the Covid 19 situation. It is possible that any bids should have contingency included in case the Covid 19 situation continues to influence travel and movement between European countries. It was thought that some countries will not want to make a bid due to the uncertainty of the situation. An advantage of the online GA is also the fact that it is less expensive for all countries.

Many of those present advocated for the possibility of having another GA online in 2021, split across 2 days, with a live meeting in Edinburgh in 2022 (to coincide with the European congress).

Voting took place via zoom at 16:05 with the majority agreeing that the deadline for bids will be 31st August 2020. This vote was carried.

Conclusion of the GA

Esa Ala-Ruona concluded the GA. The core board were thanked for their work.

Some of the links shared in the group chat follow:

EU FUNDING

https://ec.europa.eu/info/research-and-innovation/funding/funding-opportunities/funding-programmes-and-open-calls_en

COVID-19

https://www.youtube.com/watch?v=ssKlJeGY_Lg

<https://www.bamt.org/about-british-association-for-music-therapy/covid-19-useful-information.html>



<https://www.youtube.com/watch?v=DvHVqOp7b-0&feature=share&fbclid=IwAR3oY7KEIKpZ1b5qPZTXHBnT4CeCI0ZFFQEVYP8GojgwGIPqBW3iFzQ8xWY>

https://www.musictherapy.org/about/covid19_resources/

FACEBOOK

<https://www.facebook.com/musictherapyday/>

<https://www.facebook.com/European-Music-Therapy-Confederation-EMTC-457537594595992/>

WEBSITE

<https://www.wix.com/upgrade/website#/>

Appendix 1: Surveys sent and received (EMTS)

| Country | Surveys sent | Surveys returned | Total Percentage received |
|----------------------|--------------|------------------|---------------------------|
| Austria | 3 | 2 | |
| Belgium | 2 | 2 | |
| Bulgaria | 3 | 3 | |
| Croatia | 1 | 1 | |
| Cyprus | 0 | 0 | |
| Czech Republic | 4 | 1 | |
| Denmark | 2 | 2 | |
| Estonia | 2 | 2 | |
| Finland | 2 | 2 | |
| France | 6 | 6 | |
| Germany | 12 | 11 | |
| Greece | 2 | 1 | |
| Hungary | 3 | 2 | |
| Iceland | 0 | 0 | |
| Ireland | 1 | 1 | |
| Israel | 4 | 4 | |
| Italy | 22 | 5 | |
| Latvia | 2 | 2 | |
| Lithuania | 1 | 1 | |
| Luxembourg | 1 | 1 | |
| Netherlands | 7 | 5 | |
| Norway | 2 | 2 | |
| Poland | 5 | 2 | |
| Portugal | 1 | 1 | |
| Serbia | 1 | 1 | |
| Slovenia | 1 | 1 | |
| Spain | 10 | 5 | |
| Sweden | 2 | 1 | |
| Switzerland | 6 | 4 | |
| Turkey | 1 | 1 | |
| UK (inkl. Scotland) | 7 | 4 | |
| Total Courses | 116 | 76 | 66% |